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# REWIRE YOUR FOOD BRAIN

## Keystone #3 - Water

### Tips For Drinking More Water

- Drink a glass of water as soon as you wake up in the morning. Instead of going straight for food or tea/coffee drink a glass of water first.
- Find the temperature you enjoy the most - some people love ice cold water, whilst others prefer room temperature. Personally I love drinking water warm-hot in a mug or large glass, especially in the winter when it's colder outside.
- Have a water bottle to hand at all times - keep one at your bag or desk at work. You'll be more likely to drink more water throughout the day if you have it on hand.
- Substitute fizzy water for soda drinks. Add in a splash of fruit juice or cordial if you need more flavour. This is an easy way to reduce your kick the habit of unhealthy soda drinks and increase your water intake all at the same time!
- If you get an energy slump or hunger strikes in the mid-afternoon then drink a glass of water instead. Your energy will perk up and it may spur you to reach for fruit instead of chocolate.
- Set alarms on your phone to remind you to drink a large glass of water every three hours - so the alarms could be at 8am, 11am, 2pm, 5pm and 8pm. It can be easy to go the whole day with hardly drinking any water so by using an alarm as a reminder you'll avoid getting dehydrated.
- If that seems too ambitious then increase your water consumption gradually. Maybe you set a goal to drink a glass and a half today. Keep this up for 5 days and then add another half a glass to the equation, and so on until you're drinking 6-8 glasses a day.
- If you're drinking alcohol then aim to drink at least one glass of water (or, even just half a glass) for every alcoholic drink you have (which is also a great way to prevent a hangover the next day)
- If you're not keen on the taste of tap water then drink fizzy water instead or infuse your water with fruit to give it flavour - lemon and/or mint or berries all work well. If you really need to then add a splash of fruit juice or cordial. Better to do this and drink more water overall than not drink any water at all. Remember that herbal or non-caffeinated teas are another great way to up your water intake.